



SUMMER COMPETITIVE JUNE 27TH-JULY 9TH

SWIM TEAM

HELLO! WE ARE FINISHING UP WITH OUR FINAL STROKE MEET THIS WEEK. BREASTSTROKE IS THIS THURSDAY, YOUNGER SWIMMERS WARM-UPS ARE AT 5:30PM, OLDER ARRIVE AT 7:00PM.

THERE IS NO PRACTICE MONDAY, JULY 4TH. THE 1M MEET IS TUESDAY JULY 5TH. THIS IS ONLY FOR THE TOP 4 BOYS AND GIRLS FROM EACH AGE GROUP. (NO 6 AND UNDER) ALL SWIMMERS ARRIVE AT THE SAME TIME FOR WARM-UPS AT 5:15. NO RELAYS ARE DONE AT THIS MEET.

THURSDAY, JULY 7TH, IS THE RELAY MEET AT KINO. COACHES PUT TOGETHER THE FASTEST RELAYS FOR EACH AGE-GROUP. YOUR SWIMMER WILL KNOW IF THEY ARE EXPECTED TO ATTEND.

DIVISIONAL ENTRY FORMS ARE AVAILABLE ONLINE OR FROM THE COACH. ENTRY FORMS ARE DUE THURSDAY, JULY 30TH. NO LATE ENTRIES ACCEPTED.

DIVE TEAM

HELLO! AS WE CONTINUE JUNE PARTICIPANTS WILL BE WORKING ON FRONT DIVES, BACK DIVES, INWARDS AND REVERSES. OPTIONAL DIVES WILL BE WORKED ON AS WELL FOR THE WEEKLY MEETS. THANK YOU TO THOSE PARENTS WHO ATTENDED THE PARENT MEETINGS HELD BY THE HEAD COACHES. IF YOU HAVE QUESTIONS CONCERNING THE PROGRAM, PLEASE CONTACT YOUR HEAD COACH.

TIMES TO ARRIVE AT MEETS FOR JUNE:

8 AND UNDER 5:30PM FOR WARM-UPS

9 AND 10 6:15PM

11 AND 12 7:00PM

13 AND OLDER 7:30PM

SYNCHRONIZED SWIM TEAM

HELLO! AS WE CONTINUE THROUGH JUNE, PARTICIPANTS WILL BE LEARNING AND WORKING ON ADDITIONAL FIGURES FOR THE LAST FIGURE MEET ON JUNE 21ST.

DUETS AND TRIOS HAVE BEEN STARTED. THERE WILL BE A PRACTICE MEET ON JUNE 28TH. THIS WILL LET THE GIRLS RUN THROUGH THEIR ROUTINE. PLEASE PLAN ON ATTENDING. THANK YOU FOR ATTENDING THE PARENT MEETING, PLEASE TALK TO HEAD COACH WITH ANY FURTHER QUESTIONS.

TIMES TO ARRIVE AT THE MEETS FOR JUNE:

10 AND UNDER 5:30PM FOR WARM-UPS

11 AND OLDER 7:00PM, WARM-UPS BEGIN AT THE CONCLUSION OF THE YOUNGER MEET.

PLEASE LET COACHES KNOW OF ANY VACATIONS PARTICIPANTS ARE GOING ON.

WATER POLO

HELLO! AS WE CONTINUE THROUGH JUNE, PARTICIPANTS WILL BE LEARNING MORE ABOUT SPECIFIC POSITIONS, OFFENSIVELY AND DEFENSIVELY.

THE END OF THE SEASON TOURNAMENT IS TWO DAYS THIS YEAR. IT STARTS FRIDAY JULY 15TH AND ENDS THE FOLLOWING MORNING. ATTENDANCE IS VERY IMPORTANT AT THIS MATCH.

TIMES TO ARRIVE AT THE MATCHES FOR JUNE:

10 TO 12 7:30AM

13-15 8:30AM

PLEASE LET COACHES KNOW OF ANY VACATIONS PARTICIPANTS ARE GOING ON.

Optional Equipment

Swim- Goggles, water bottle, caps (team caps sold in office for \$3.50)

Synchro- Goggles, water bottle, caps, nose clips.

Dive- Water bottle, shammy

Water Polo- Water bottle

Thank you to everyone that attended the parent meetings. There will be a second parent meeting in July for sports. Coaches will be telling you dates.

For calendars, pool maps, more sport information please visit: www.mesaaz.gov/pools under competitive teams.